

**OTTAWA ROWING CLUB  
Travel Fact Sheet**

**Head of the Fish  
Saratoga Springs, N.Y.  
October 26-27, 2013**

<http://www.saratogarowing.com/headofthefish.html>  
[https://www.regattacentral.com/index.jsp?tab=regattas&section=all\\_entries&id=1604](https://www.regattacentral.com/index.jsp?tab=regattas&section=all_entries&id=1604)

**ALL THOSE TRAVELING TO THE UNITED STATES MUST HAVE VALID PASSPORTS**

**Directions to the regatta site, Saratoga Springs N.Y.**

**COMING FROM THE NORTH:**

- Take Interstate-87 South from the Canadian border to Exit 14, take a left, follow signs for parking.
- Or find directions here <http://www.saratogarowing.com/regattadirections.html>

The 23<sup>rd</sup> annual Head of the Fish is a 4.0 km head race regatta on the Fish River in Saratoga Springs, N.Y. It is a two-day event with racing for juniors, high school and university athletes on Sunday and masters on Saturday. The regatta draws high school, university teams, club competitors and masters primarily from northern United States/New England region. Over the past several years has been the final regatta of the season for ORC competitive crews. It is a very popular event in a picturesque part of upper New York State just north of Albany.

**Travel:** Junior athletes are required to travel to and from the regatta on the bus chartered by the ORC.

Boat loading: TBA

Boat unloading: TBA

**Bus Departure:** ORC  
Saturday October 26, 2013  
8:00 am

**Bus Return:** ORC  
Sunday October 27, 2013  
between 10:00pm – midnight

**Overnight:** Clarion Inn and Suites  
1454 State Route 9  
Lake George New York  
12804  
  
Phone: 518-793-3196  
Fax: 518-793-6028  
[info@clarionlakegeorge.com](mailto:info@clarionlakegeorge.com)

**Travel to the United States**

- Travel permission forms to cross the border are on the ORC web site and must be completed by all those under 18 traveling on the bus to the regatta. These forms must be signed by parents and returned before we leave. All those traveling to the United States must have valid passports.
- **All athletes must come with sufficient US dollars for several meals.** We will be eating dinner Saturday night at a restaurant near the hotel, there will be food at the regatta site and the bus will stop on the way home for a meal on Sunday evening while still in the U.S.

**What you should know:**

- No protection from weather. **It is ALMOST ALWAYS cold and wet at this regatta** and **athletes must come prepared for a long damp day.** Dress for being outside in the damp or wet fall/early winter (rain gear, warm clothing, toques, gloves or mitts).
- Limited drinking water available at regatta site. Athletes must bring water bottles. ORC tent will have drinking water.
- Portable toilets on site. Athletes should bring hand sanitizers.
- Limited food service on site. The rowing club operates a barbecue with hamburgers etc in the boathouse but athletes must come with healthy between race snacks and easily digestible meals (see your coach for ideas!).
- Snacks provided by ORC. ORC provides snack foods like watermelon, bagels, jam and water. Snack foods are not to replace meals!
- Supervision. Athletes at the regatta are under the direction of their crew coaches. Coaches are supported by volunteer parent chaperones. Junior athletes are not permitted to leave the area during the regatta. Should an emergency arise, athletes should advise their coaches.
- In case of emergency. Emergency services are on-site to handle emergencies in the unlikely event that they occur during the regatta. ORC athletes must complete an "Athlete Information Form" with details of health concerns, medications and emergency contacts.
- Food stop on return trip to ORC. The bus will stop at a highway fast food location on the way back from Saratoga Springs. **Athletes should bring spending money in US dollars.**
- Behaviour. The highest standards of behaviour are expected from ORC athletes as representatives of the club and Ottawa. That includes: respect for coaches, chaperones, athletes and surroundings; respect of curfews and other instructions; remaining on site (residence or canal) unless specifically permitted by coach or chaperone; and sleeping on his/her own bed. Use of drugs or alcohol will not be tolerated. Consequences of improper behaviour may include forfeiting the chance to race, and prematurely returning to Ottawa in the company of his/her parent.
- Help? Athletes should speak to a chaperone or coach should any difficulty arise.

#### **Regatta fees:**

- **Bus and accommodation** - TBA - watch the web site - should be posted by October 20
- US travel forms are available on the web site and **MUST** be completed

#### **Before you can go:**

- Regatta transportation fees must be paid through Ronin - follow the web site link
- Travel permission form for crossing the Canada-U.S. border must be submitted to ORC coach or office by October 25. It is available on the ORC web site.
- "Athlete Information Form" due at ORC office by October 24.

#### **Information and forms:**

- Information is available from coaches and Chris Waddell by phone at 613-850-2313 or by e-mail at [vp.admin@ottawarowingclub.com](mailto:vp.admin@ottawarowingclub.com)